

Mediterranean Quinoa Salad

Rating: ★★★★★

Prep time: 1 hour, 0 minutes

Cook time: 15 minutes

Makes: 6 Servings

A nutritious whole grain called quinoa is mixed with a colorful variety of vegetables for a tasty side salad.

Ingredients

- 1 cup** Quinoa, dry
- 2 cups** low-sodium chicken broth
- 2 tablespoons** lemon juice
- 2 tablespoons** red wine vinegar
- 1 teaspoon** Fresh garlic, minced
- 1 1/2 tablespoons** extra virgin olive oil
- 1/2 teaspoon** salt
- 1/8 teaspoon** ground white pepper
- 1/4 cup** Fresh red bell peppers, seeded, diced
- 2 tablespoons** Fresh green onions, diced
- 2 tablespoons** Fresh red onions, peeled, diced
- 1/2 cup** Fresh cherry tomatoes, halved
- 1/8 cup** Black olives, sliced
- 2 tablespoons** Feta cheese, crumbled
- 1 tablespoon** Fresh parsley, chopped

Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and chicken broth in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until broth is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. A rice cooker may be used with the same quantity of quinoa and



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	166	
Total Fat	6 g	
Protein	7 g	
Carbohydrates	23 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	278 mg	

MyPlate Food Groups

Vegetables	1/4 cup
Grains	1 ounce

water. Cover and refrigerate.

2. In a small mixing bowl, combine lemon juice, vinegar, garlic, olive oil, salt, and ground pepper to make dressing.
3. Combine red peppers, green onions, red onions, tomatoes, and olives in a large mixing bowl. Mix well.
4. Add dressing to vegetable mixture. Mix in cooled quinoa. Fold in feta cheese and parsley. Cover and refrigerate for about 2 hours. Serve chilled.

Notes

Our Story

Bellingham Memorial Middle School in Bellingham, Massachusetts, serves over 800 students in grades 5-8. The school seeks to establish itself as an exemplary middle school by developing programs that are responsive to student needs.

The recipe challenge team held an afterschool cooking class. After a discussion on the value of healthy eating and a lesson on basic nutrition, the students went to work to create a recipe. The end result was a tasty side salad featuring a nutritious whole grain called quinoa, mixed with a colorful variety of vegetables, including red peppers, parsley, and cherry tomatoes. Feta cheese and a light lemon dressing complete the Mediterranean Quinoa Salad. What a party of flavor!

Bellingham Memorial Middle School

Bellingham, Massachusetts

School Team Members

School Nutrition Professional: Jeanne Sheridan, SNS

Chef: Rodney Poles (Whole Foods Market, partner chef from Chefs Move to Schools chefsmoveetoschools.org)

Community Members: Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

Students: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

Recipes for Healthy Kids Cookbook for Homes

